



Substance Use and Abuse Prevention

District Student Services
October 2021



[Unity Day](#)

October 20, 2021



[Red Ribbon Week](#)

October 23 - October 31



[McGruff, The Crime Dog Anti-Bullying Video](#)

How Addiction Happens

[How Addiction Happens Drug/Alcohol Video](#)

Risk and Protective Factors Just as smoking is a risk factor for heart disease and getting regular exercise is a protective factor for heart disease, there are factors that can help protect youth from, or put them at risk for, drug use and other problem behaviors.

Risk Factors - conditions that increase the likelihood of a young person becoming involved in drug use, delinquency, school dropout and/or violence.

- Physical, Emotional and/or Sexual Abuse
- Parents separated or divorced
- Physical abuse in the household
- Substance abuse in the household
- Mental illness in the household
- Incarcerated household member
- Emotional and/or physical neglect

Protective Factors - conditions that buffer youth from exposure to risk by either reducing the impact of the risks or changing the way that young people respond to risks.

- Resilience
- Social and Emotional Competence
- Knowledge of Parenting and Child Development
- Nurturing and Attachment
- Concrete Support
- Social Connections (My Florida Families, 2020)

Adverse childhood experiences (ACEs) are traumatic events experience during childhood that have been linked to a broad range of negative health and behavior outcomes, including impaired cognitive development, high-risk behavior such as substance use, difficulty forming positive social relationships, high rates of chronic disease, and employment and financial difficulties. (Florida Youth Substance Abuse Survey, 2020)

Prevalence of Substance Use and Abuse in Citrus County Youth in 2020 Florida Youth Substance Abuse Survey

	Alcohol	Binge Drinking	Cigarettes	Vaping Nicotine	Vaping Marijuana
Middle School	12.2	7.4	2.4	10.5	7.4
High School	21.0	11.5	4.4	27.4	13.6

Percentage of students surveyed engaging in these behaviors within 30 days of the survey

	Marijuana	Prescription Pain Relievers	Prescription Depressants	Illicit Drugs Except marijuana	Alcohol or Any Illicit Drug
Middle School	8.6	1.3	1.4	8.3	20.9
High School	21.0	3.3	2.3	10.5	33.9

Percentage of students surveyed engaging in these behaviors within 30 days of the survey

Average Risk and Protective Factor Prevalence Rates

637 Citrus County Students
349 Middle School Students
288 High School Students

	Average Protection	Average Risk	ACE Score
Middle School	48	47	
High School	50	42	31.7

Since risk is associated with negative behavioral outcomes, it is better to have lower risk factor scores. Protective factors are associated with better student behavioral outcomes, so higher protective factor scores are better.

(Florida Youth Substance Abuse Survey, 2020)

10 Prevention Strategies to Help Your Classroom Today

1. Changing the discussion from "what's wrong with you?" to "[what happened to you?](#)"
2. Promoting [safe, stable, nurturing relationships](#) and environments.
3. Promoting [hope](#).
4. Display [nonconfrontational body language](#).
5. Keep your [voice](#) at a normal or slightly lower than normal volume.
6. Express your desire to [meet the student's needs](#).
7. [Listen to students](#) and acknowledge they are heard.
8. Tell the student you [value them](#) as a member of the classroom community.
9. Respecting [student](#) dignity with private [discipline](#) chats and [redirections](#).
10. Stating the rationale behind rules and using "[I](#)" [statements](#) to minimize escalation.

Resources

Title	Description	Level	Educator	Family
What You Should Know - Cyberbullying - Elem	Elementary school students infographic on cyberbullying	PK - 5	X	X
What You Should Know - Cyberbullying - Mid/High	Middle and high school students infographic on cyberbullying	6 - 12	X	X
What You Should Know - Cyberbullying - Parents	Parents infographic on cyberbullying	ALL		X
6-Steps to Help a Distressed Student	Help a distressed student get to the upstairs brain	ALL	X	X
Oprah Winfrey & Dr. Bruce Perry in Conversation Treating Childhood Trauma	Oprah Winfrey speaks with child psychiatrist and neuroscientist	ALL	X	
Substance Abuse Prevention and the Classroom	60-Minutes Article featuring Dr. Bruce Perry and Oprah Winfrey	ALL	X	X
	Facts, Strategies, and Prevention Strategies for Substance Abuse Prevention in the Classroom	ALL	X	

Kit Humbaugh
Director of District Student Services
humbaughk@citruschools.org
(352) 527-0090 ext. 6301

Jennifer Greco
Coordinator of District Student Services
grecoj@citruschools.org
(352) 527-0090 ext. 6301



Mindy Melito
Program Specialist for Behavioral Health & Social Emotional Learning
melitom@citruschools.org
(352) 527-0090 ext. 6311

Barbie Bogart
Behavior Teacher on Special Assignment
bogartb1@citruschools.org
(352) 527-0090 ext. 6310